

### ABSTRACT OF THE DISCLOSURE

Devices are described that reduce pain associated with menstruation and other conditions and that operate by pressing upon the sacral/parasacral regions of a woman's lower back. In preferred embodiments a tensioning apparatus applies pressure onto a generally flat part that distributes force into the sacral and parasacral regions but avoids the lumbar region. The devices may assume a variety of forms such as belts, straps and foundation garments that can exert high pressures and may exceed 100 torr in some cases.